

YOUTH SPORTS

WINTER YOUTH BASKETBALL GRADES 2ND-5TH

Spaces are still available in the Youth Basketball Program. Each school has limited practice times after school – practice times and locations may vary. Call 338-3227, for more information. Practice begins Jan. 17/18, 2006.



HOTSPOT 2006 BASKETBALL COMPETITION

The HotSpot program is a basketball skills competition, which involves shooting from 5 "HotSpots" marked on one-half of a basketball court. The competition tests the young athletes all-around basketball skills within a series of one-minute periods. The youth with the highest accumulated number of points is declared winner. **Birth certificate or baptismal certificate must accompany registration.** All participants must pre-register at Pullman Parks and Recreation.

Location: Sunnyside Elementary School Gymnasium
Ages: 7-14 yrs old, boys and girls

Jan 27 F 3:30pm **FREE**

Washington State University is offering **FREE** admission to all Pullman Parks & Recreation basketball players that wear their Parks and Recreation jerseys to the game. Players will have an opportunity to participate in half-time and time-out promotions. 2 boys teams and 2 girls teams will also have the opportunity to play a game at halftime on Friel Court! Teams will be provided further information at each individual team practice.

The Washington State Women's Basketball Game
will be Thursday, January 26, 2006 @ 7:00pm.

The Washington State Men's Basketball Game
will be Saturday, February 11, 2006 @ 3:00pm.

YOUTH COACHES NEEDED!

Volunteers are needed to make the youth sports programs a success! The Parks and Recreation Dept. is now recruiting coaches and assistant coaches. Coaches will be certified through the National Youth Sports Coaches Association. If you would like to assist with any programs, please call the Recreation office at 338-3227.



New PHS CHEERLEADING CLINIC

Come join the fun at the Pullman High School Cheerleading Clinic. The clinic is open to 4 year olds through 8th grade, both girls and boys. *Each participant will receive a t-shirt, pom poms, face tattoo and a picture with Barker T. Hound!* Participants will perform at half-time of the PHS Varsity basketball game Jan 7th, which begins at 6:00pm. **Taking Registration before Jan 3**

Instructor: PHS Cheerleading Staff

Location: Pullman High School Gym

Ages: 4 yrs old-8th grade

Jan 7 Sa 9:00am-12:00pm, 6:00pm ... \$20

SOFTBALL PITCHING CLINIC

Next softball season is still a couple of months away, however, being prepared puts you ahead of the competition. Start your season off right learning proper pitching forms and techniques. Clinic instructor, Steve Fountain, works with many of the top high school pitchers in the Spokane area. This is a fantastic learning opportunity for beginning and experienced pitchers alike. **Participants must provide their own catcher (preferably a parent).**

Instructor: Steve Fountain

Location: Sunnyside Gym

Limits: 10/20

Grades: 3rd-12th

Jan 21 Sa 9:00am-4:00pm \$35

INDOOR SOCCER FUTSAL

Futsal is 5-a-side soccer played indoors, ideal for playing soccer during the winter. This program is a great way for experienced soccer players to get together and play the fast and exciting game of futsal. This 5-a-side game creates many chances for players to touch the ball and develop their skills. **Players need to bring clean, athletic shoes (non-marking soles), and shin guards.** Parents are to register and sign their child in with the gym supervisor. **A \$2 fee will be collected at the door.** Maximum of 20 players per age group/time slot.

Instructor: Recreation Staff and Pullman Soccer Club

Location: Sunnyside Gym

Limits: Maximum of 20 players per age group/time slot

Ages: 11-14 yrs old

Feb 5-March 12 Su 1:30-2:30pm \$2

Ages: 15-18 yrs old

Feb 5-March 12 Su 2:30-3:30pm \$2

No activity: Feb 19

**OUR YOUTH SPORTS COACHES
ARE TRAINED THROUGH THE
NATIONAL YOUTH SPORTS
COACHES ASSOCIATION**

YOUTH SPORTS

Register through Friday, March 3. Registrations will be accepted on a space-available basis. The registration deadline does not guarantee there will still be openings. Requests for placement on a specific team with a particular friend or coach will be considered but cannot be guaranteed. Participants in team sports (soccer, volleyball, t-ball/rookie league) must wear a blue or white shirt for games. **A blue/white reversible youth sport shirt can be purchased for \$15 at the Parks and Recreation office at 240 SE Dexter St.**

JUMP ROPE FOR KIDS

You will learn a variety of styles of jump roping within this six-week session, including single rope tricks, as well as double Dutch, long rope, shared rope, frog, wheel, and egg beater. This class is intended for all ages and skill levels, from beginners to advanced. Don't worry if you haven't ever picked up a jump rope. If you have an interest in jump roping and are willing to try, you will have fun and learn many new things. *Ropes are available for \$3, payable to the instructor at class.*

Instructor: Cassy Evans

Location: Pioneer Center

Limits: 5/20

Ages: All

Jan 24-Feb 28 Tu 3:30-5:00pm \$39

PULLMAN YOUTH WRESTLING



Register through Friday, Jan 27 or until limits are met. Youth, ages 5-14, are encouraged to register for this exciting youth sport. The wrestling program offers instruction in basic and advanced wrestling techniques and an opportunity to compete for medals in organized tournaments on

Saturdays in March. Tournaments are Saturdays from 7:00am-5:00pm at sites such as Colfax, Clarkston, Spokane, and the Tri-Cities. Parents are responsible for providing transportation. Practices are held at the Pioneer Center on Tuesdays and Thursdays from 6:30-8:00pm, and on Saturday mornings from 9:00-11:00am. Participants must be at least 5 years old as of February 1, 2006. **Registration fee does not include tournament entry fees (typically \$5).** *Wrestling shoes are strongly recommended, but not required. A wrestling singlet and headgear are provided.* **There is a \$35 uniform deposit fee required at registration, payable in a separate check.** This money will be returned at the end of the season when all uniform items have been returned.

Location: Pioneer Center

Ages: 5-14 yrs old

Jan 28-Apr 1 TuTh 6:30-8:00 pm \$35
..... Sa 9:00-11:00am

YOUTH MICRO SOCCER

Micro Soccer is a 3-a-side soccer and its practices have been developed to give players a game that guarantees fun, skills development, and a fundamental knowledge of soccer in such a way that a child can understand. The first week will begin with practices. Beginning the third week, there will be two games a week, one during the week and the other on Saturday mornings. K-1st and 2nd-3rd grade teams will have the option of playing MWSa or TuThSa. 4th-5th grade teams will play TuThSa.

Anticipated practice locations: All 4th-5th Grades @ City Playfields

All K-1st and 2nd-3rd Grades:

Jefferson @ Jefferson School

Franklin @ Kruegel Park

Sunnyside @ Sunnyside School

Grade: K-1st - Each site

Mar 20-May 3 MW 4:15-5:15pm \$35

Mar 21-May 4 TuTh 4:15-5:15pm \$35

Grades: 2nd-3rd - Each site

Mar 20-May 3 MW 5:15-6:15pm \$35

Mar 21-May 4 TuTh 5:15-6:15pm \$35

Grades*: 4th-5th - City Playfields

Mar 21-May 4 TuTh 4:15-5:15pm \$35

Mar 21-May 4 TuTh 5:15-6:15pm \$35

*4th-5th grade teams practice together at one site. Teams will be divided equally, not necessarily by school.

There will be practices during PSD Spring Break, Apr 3-7, no games.

YOUTH VOLLEYBALL

Coed youth volleyball offers instruction in the basics of volleyball including serving, passing, setting, and hitting. This outstanding program is designed for the beginner, intermediate, and advanced players. Participants will practice on Monday and Wednesday with games on Fridays. The first week of practice starts with skills analysis to balance the teams equally. **Games will begin the second week of practices.**

Location: Sunnyside Gym

Limits: 14/32

Grades: 2nd-3rd

Mar 20-May 5 MWF 3:30-4:30pm \$35

Grades: 4th-5th

Mar 20-May 5 MWF 4:35-5:35pm \$35

There will be practices during PSD Spring Break, Apr 3-7, no games



BE A SPORT!

Our youth sports programs are developed and organized to enhance the social, emotional, physical, and educational well-being of children. Parents please be a positive role model by exhibiting sportsman-like behavior at games, practices, and at home. Please give positive reinforcement to your child and support to your child's coaches.

YOUTH SPORTS

PEE WEE SOCCER

Kids are introduced to the game of soccer and will learn the basic fundamentals of passing, dribbling, shooting, and defense. The importance of teamwork and good sportsmanship is also a strong part of the experience. *Participants will receive a mini-soccer ball.*

Location: Kruegel Park

Limits: 10/20

Ages: 4-6 yrs old, not yet in Kindergarten

Mar 25-Apr 29 Sa 11:00-11:30am \$20

Mar 25-Apr 29 Sa 11:45am-12:15pm \$20

MINI HOOPS BASKETBALL

Kids will learn the basic fundamentals of basketball in this six-week instructional basketball program. Children will participate in drills, specialized games, and scrimmages that will help to develop a general understanding and appreciation for basketball. *Participants will receive a mini-basketball.*

Location: Sunnyside Gym

Limits: 10/20

Ages: 4-5 yrs old, not yet in Kindergarten

Mar 21-Apr 25 Tu 5:45-6:30pm \$20

Ages: 5-6 yrs old, not yet in Kindergarten

Mar 21-Apr 25 Tu 6:45-7:30pm \$20

New Ages T-BALL



Register through May 5 or until limit is met. Boys and girls will be introduced to this variation of baseball. Instead of hitting a pitched ball, the batter hits the ball from an adjustable tee. The emphasis will be on teaching the fundamentals: throwing, catching, hitting, fielding, team play, and good sportsmanship. **Participants should have their own baseball glove.** *Fee includes a hat.*

Location: Lincoln Middle School

Limits: 18/72

Grade: Entering K or 1st (2006-07 school year)

May 15-Jun 28 MW 6:00-7:00pm \$35

No practice or games: May 29

New Ages ROOKIE LEAGUE

Register through May 5 or until limit is met. Boys and girls will be introduced to hitting from a coach-pitched ball. The emphasis will be on teaching the fundamentals: throwing, catching, hitting, fielding, team play, and good sportsmanship. **Participants should have their own baseball glove.** *Fee includes hat.*

Location: Lincoln Middle School

Limits: 18/72

Grade: Entering 2nd or 3rd (2006-07 school year)

May 16-Jun 29 TuTh 6:00-7:00pm \$35

No practice or games: May 30

START SMART

Start Smart is an instructional program that prepares children for the world of organized sports without the threat of competition or the fear of getting hurt. Parents work one-on-one together with their children in a supportive environment to learn all of the basic skills such as throwing, catching, kicking, and batting. Specialized Start Smart equipment (Koosh Balls products) will be provided. **Please wear clothing and shoes appropriate for exercise.**

Instructor: Parks and Recreation Staff

Location: Sunnyside Elementary School Gym

Limits: 10/15

Ages: 3-5 yrs old, and parent

May 10-Jun 14 W 6:30-7:15pm \$20

PULLMAN YOUTH BASEBALL

The Pullman Youth Baseball Association (PYBA) provides an exciting baseball experience for all boys and girls ages 8-15 (must be 8 by April 30, 2006). PYBA offers three divisions of play (Minors, Majors and Babe Ruth) depending upon age and skill level. Practices begin in early April, and games will begin in early May and are completed near the end of June. Player registration will be held at the **Cougar Depot (225 N. Grand Ave, Pullman)**. For more information contact Troy Vannucci (334-2481), John Lagerquist (332-5525) or visit our website at www.pullmanyouthbaseball.com.

TWO DAY REGISTRATION:

MONDAY-TUESDAY

FEBRUARY 27-28, 5:00-8:00PM

Players new to PYBA will need proof of age at registration.

Registration fees (includes team jersey and hat):

Minors - \$70 Majors - \$80 Babe Ruth - \$105

REGISTER EARLY!

Call 338-3227

CLASSES FILL FAST!

REGISTER NOW FOR PROGRAMS!

YOUTH SPORTS

GIRLS SOFTBALL

Register through April 14 or until teams are filled. Practices begin late April or early in May and the season ends with tournaments in late June. Participants will be contacted with the start date. Final practice schedules will be worked out after teams are determined. Games are on weekday afternoons or evenings. Parents must help with out-of-town carpooling to games. Junior teams, girls currently in grades 3rd-5th, play teams from Moscow and throughout Whitman County. Senior teams, girls currently in grades 6th-8th, compete against teams from Colfax, Moscow, Potlatch, and Whitman County. *Fee includes a team t-shirt and visor.* **Attention Parents! If you are interested in helping out with girl's softball program, please call Kurt Dahmen at 338-3225 or send an email to Kurt.Dahmen@Pullman-Wa.gov**

Location: PHS Softball Field

Grades: Currently 3rd-5th grade (Jr.) \$50
(First Practice TBA)

Grades: Currently 6th-8th grade (Sr.) \$50
(First Practice TBA)

HIGH SCHOOL FAST-PITCH LEAGUE

Parks and Recreation is offering a Fast-Pitch softball league for girls between the ages of 15-18. Girls must be 15 on or before July 31, 2006 and not older than 18 on January 1, 2006. Registration is by team only, with a minimum of 10 players required for a team. This league will be combined with teams from Pullman, Moscow, and the surrounding area. Transportation **to games is the responsibility of the team.** The season will begin the week of June 12th and end with a tournament in mid-July. **Registration will be accepted May 30-June 2.** Team fees are \$175 and player fees are \$20. For more information call Kurt Dahmen at 338-3225.

SUBMISSION FROM FALL 2005 BROCHURE



PHOTO SUBMITTED BY
JESSIE D'UNGER

Clip and Save

Parks and Recreation Activity Locations

City Hall	325 SE Paradise St
City Playfields	Riverview and South St
Gladish Community Center ..	115 NW State St
Jefferson Elementary	1150 NW Bryant St
Kruegel Park	South and Dilke St
Lincoln Middle School	315 SE Crestview St
Neill's Flowers & Gifts	234 E Main St
Military Hill Park	500 NW Larry St
Neill Public Library	210 N Grand Ave
Palouse Discovery Science Ctr ...	2371 NE Hopkins Court
Palouse Empire Gymnastics	810 N Almon, Moscow
Paper Pals	1475 S Grand Ave, #104
Pioneer Center	240 SE Dexter St
Pullman Aquatic Center	500 NW Larry St
Pullman High School	700 NW Larry St
Sunnyside Elementary	425 SW Shirley St
WSU Golf Course	N Fairway Dr
Zeppoz	780 SE Bishop Blvd

Rain Out Line 334-3131

Local Youth Athletic Associations

Pullman Soccer Club	872-2266
Pullman Youth Baseball Association	334-2481
Pullman Youth Tackle Football	www.pullmanyouthfootball.com
YMCA Titans Swim Team	335-3776
Pullman Swim Team	334-0564
Palouse Youth Hockey Association	882-2114
Comets Track Club	332-1168
Pullman Junior Golf Club	595-8999

**OUR PROGRAMS FILL FAST!
REGISTER NOW TO
RESERVE YOUR SPOT!
CALL PULLMAN PARKS AND
RECREATION 338-3227.**